



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!
Published / Edited by Gary Ashland

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Pet Safety

On 14 Sep 05, Vanessa Bouffard-Fehl, Orange County Animal Services, will lead our Pet Safety Seminar in deFlorez 1061, 1130-1220.

In the afternoon, you will be able to **adopt a new family member!!!**

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.

Credit Card Fraud

On 6 Oct 05, Carlos J. Morales, Chief Investigator will lead our Credit Card Fraud Prevention Seminar in deFlorez 2095, 1130-1220

Would you give a stranger the keys to your home? Of course not - just as you would not allow a stranger to use your credit card to charge thousands of dollars to your account. Learn how to guard your credit card information, the various methods a thief uses to obtain that information, and what to do if you become a victim of credit card fraud.

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.

On-Site Aerobics

On-site aerobics classes are offered on Tuesdays and Thursdays at 1145-1245 in the deFlorez Multi-Purpose Room. The cost is \$5 per class.

Our instructor is Shirley Pratt (prattsh@yahoo.com, 407-673-3610).

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into SHAPE!!*



Vehicle Roller Simulator: On 16 Aug 05, State Trooper Wanda Diaz, and our own John E. Lynch demonstrated the effects of vehicle rollover as result of accident.
Photo taken by: Doug Schaub

SHAPE's Co-Ed Volleyball Challenge

On 14 Oct 05, SHAPE will sponsor our annual Army/Air Force versus Navy/Marine Corps **Co-Ed Volleyball Challenge**. It's time for both Army and Navy to get ready for the big volleyball game!! Game time begins at 1530, at deFlorez volleyball court. Encourage fan support!!

The Army / Air Force and Navy / Marine Corps team leads will be announced on our SHAPE & Non-Official Bulletin Boards.

Go ARMY / Air Force!!
Go NAVY / Marine Corps!!

Research Park "Joint Service" 2-mile Run / Walk

Please make plans to attend the AFAMS-sponsored Research Park "Joint Service" 2-mile Run / Walk on second and fourth Friday of each month at 0830 (December will change to afternoon). Location will be Blanchard Park (please use the Rouse Road gate). The park is located on Rouse Road (between

University and E. Colonial). You may park in the YMCA parking lot. The event will begin where the Running Path begins near the basketball courts.

AFAMS cordially invite participants from our Army, Navy and Marines organizations to join us! Everyone is encouraged to participate whether you run, jog, walk or crawl! You know your limitations, so please come out and join your Research Park Joint Service family! Running will commence promptly at 0830. Prior to the run, encourage you to complete stretching exercises.

Blood Drive

NAWC-TSD will host the next **Navy Blood Drive** on 21 Sep 05.

Blood and its derived products are some of the only natural materials that science has yet to find a way to develop synthetically. It is the "gift of life" that only human beings can give to one another. Center employees may donate at either Navy or Army Blood Drives; credit will be provided to your appropriate Blood Drive account.



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Tai Chi Chuan



SHAPE is offering a *free* beginning Tai Chi Chuan class. The first class will be 13 Sep 05. Classes will be held 1140-1230 on Tuesdays and Thursdays. The location for the classes is the north end of the deFlorez reflecting pond (near the volleyball courts). You can join this class anytime up through the 3rd week of October.

What is Tai Chi Ch'uan?

Tai Chi Chuan (sometimes called just Tai Chi or Taiji) is an exercise and martial art system from China. The health benefits that often come from the practice of Tai Chi include lower blood pressure, lower stress levels, and better balance. Many people practice Tai Chi well into their 90's, as it is not as physically exerting (or flashy) as the external styles (Karate, Tae Kwon Do, Kung Fu, etc.)

Our SHAPE classes are open to all employees (PEO STRI / NAVAIR / Marine Corps / JSIMS / AFAMS employees and in-house support contractors). If you are under a doctor's care for any medical condition, you must first get the doctor's okay before participating.

What to wear:

- (1) Loose fitting, comfortable clothing (slacks, sweatpants or shorts)
- (2) Shoes should be comfortable and fit well (tennis shoe / sneakers best)

During the initial class, the following will be completed:

- An explanation of what will be taught in the class and how it will be taught will be given.
- Liability forms will be provided, and must be signed and returned that day
- The first class will concentrate on basic limbering-up exercises, and the first movement or two of the Traditional Yang Long Form.

Our instructor for the class is Mr. John Davis. He has practiced Tai Chi Ch'uan for over 15 years. He is a senior student of Master Cai Zurong, who is a senior student of Master Yau Hong-Gan (who teaches in Shanghai and is a senior student of the monks of the Temple at Er-Mei Mountain in central China).

If you have any questions about the class, you may contact John at:
John.Davis-contractor@peostri.army.mil

Safety with Age

Staying active as you age helps you remain healthy, live longer and feel better. More older people than ever before are involved in exercise and sports. They've learned that being physically fit doesn't have to mean aching muscles from workouts and hard-to-maintain exercise schedules. Many people are getting their exercise in active pastimes such as biking, skiing and tennis. Others prefer less active recreation such as walking, gardening or golf. All are finding relaxation and fun while they secure a healthy future. Exercise helps you feel better because it improves your health. Orthopaedic surgeons say that by spending a little time each day in some type of physical activity, you can enjoy these **significant benefits**:

- longer, healthier life
- stronger bones
- reduced joint and muscle pain
- improved mobility and balance
- lower risk of falls and serious injuries
- slower loss of muscle mass

People are living longer these days and their quality of life depends on being healthy and remaining independent. Staying active can lower your risk for many common diseases, relieve the pain of arthritis and help you to recover faster when you do get sick.

When you exercise, orthopaedic surgeons recommend that you follow these **seven tips**:

1) Always wear appropriate safety gear. If YOU bike, always wear a bike helmet. Wear the appropriate shoes for each sport.

2) Warm-up before you exercise. That could be a moderate activity such as walking at your normal pace, while emphasizing your arm movements.

3) Exercise for at least 30 minutes a day. You can break this into shorter periods of 10 or 15 minutes during the day.

4) Follow the 10 percent rule. Never increase your program (i.e., walking or running distance or amount of weight lifted) more than 10 percent a week.

5) Try not to do the exact same routine two days in a row. Walk, swim, play tennis or lift weights. This works different muscles and keeps exercise more interesting.

6) When working out with exercise equipment, read instructions carefully and, if needed, ask someone qualified to help you. Check treadmills or other exercise equipment to be sure they are in good working order. If You are new to weight training, make sure you get proper information before you begin.

7) Stop exercising if you experience severe pain or swelling. Discomfort that persists should always be evaluated.

There are lots of ways to enhance your life as you age-and staying fit is one of the most important.

Source: Academy of Orthopaedic Surgeons and the US Consumer Product Safety Commission.

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department.

Karen Witmer retired from PEO STRI on 31st of August. We really appreciated all her *SHAPE efforts!!*